



the family centre

Anger and Emotional Intelligence



When you get angry do you feel out of control?

Does anger impact on your relationships?

Do others say you need to do something about it?

WHAT'S THE COURSE ABOUT?

Anger: Making it Work for You will explore how we can make anger work for us and those we value. This one day course will look at what triggers anger for you and consider strategies to transform anger into a more positive outcome.

WHAT CAN YOU EXPECT?

Through information sessions, practical exercises, group discussions and brainstorming we will explore:

- How anger arises and the feelings it provokes
- Ways to transform anger through identifying other emotions such as frustration or hurt
- What goes on in the brain: how it's possible to change and alter the way the brain reacts

WHAT PEOPLE ARE SAYING ABOUT THE COURSE

“It is a very powerful course and will be recommended to other family members... the part that was most beneficial for me was how to identify what anger is”

“Extremely insightful... I hope I can use all the tools given in the course”

WHAT WILL YOU LEARN?

- How to recognise anger and other emotions
- Strategies to use when anger arises
- Ways of taking healthy ‘time out’
- Positive styles of communication

This workshop runs for one day.

COST: \$15 (includes lunch)

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer.

CONTACT:

Bookings are essential

For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday
(07) 5524 8711 or ask at reception.

For more information on the course program go to
www.thefamilycentre.org.au

Child minding is available upon request.